

## CLAIMS

### We Claim:

1. A tether system comprising:  
a practice ball having one or more extending tabs;  
one or more swivel connectors formed from two pieces and configured to be directly attached to such one or more extending tabs; and  
one or more elastic cords connected to said one or more swivel connectors.
2. The tether system as recited in claim 1, wherein said swivel connectors include a first member and a second member, said first member formed with a first loop portion and an enlarged diameter portion and a neck portion, therebetween, said second member formed with a second loop portion and a helical portion, said helical portion adapted to be received by said neck portion.
3. The tether system as recited in claim 1, wherein said extending tabs include a folded portion of material forming a loop for receiving said first loop portion of said swivel connector.
4. The tether system as recited in claim 1, further including one or more stakes for attachment to an extending end of said elastic cords.
5. The tether system as recited in Claim 4, wherein said stakes are formed in a generally U-shape with cord retaining portions and are configured with a head portion.
6. The tether system as recited in Claim 5, further including an elastic ring for attaching to one end of said elastic cord and configured to be stretched over said

head portion of said stakes and received in said cord retaining portions of said stakes.